

# *The Red Dragon News Sheet*

## *TALKING WAVES*

### **MARTIAL ARTIST OF THE YEAR 2007**

CHIGWELL: **SAM POWER** 6<sup>th</sup> Grader  
(Blue Sash)

WALTHAMSTOW: **RODNEY BROWN**  
1<sup>st</sup> Grader (Purple Sash)

TOTTENHAM: **TONI ROBERTS** 1<sup>st</sup>  
Grader (Purple Sash)

SOUTHGATE: **ROCHELLE ROBERTS**  
1<sup>st</sup> Grader (Purple Sash)



Christopher Manning the current T'ai Tsung (under 55kgs) British Champion, and the BCCMA Northern Regional and English Champion 2007. Christopher has been training for three years and is currently a 5th grader (Green Sash).

### **SIFU'S AWARD 2007**

WALTHAMSTOW: **SHAKIRAH BEVENY** (6th Grader)

SOUTHGATE **CALLUM EDWARDS** (6th Grader)

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**Muke-Taty Kindembe** is now the assistant instructor to the Walthamstow class.

Special mention for **AVA NAIRNE- FIOLD** got a merit, at the grading (30<sup>th</sup> March 2008)

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### SUGGESTIVE READING

The way of the Martial Arts by Peter Lewis (ISBN 0-7112-0452-7)

Bruce Lee's Fighting Method Basic Training (ISBN 0-89750-051-2)

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**GRADING:** Will be held at Southbury Leisure Centre Southbury Road Enfield Middlesex 10.00am start **13<sup>th</sup> July 2008, 30<sup>th</sup> November 2008, 29<sup>th</sup> March 2009, 19<sup>th</sup> July 2009, 29<sup>th</sup> November 2009.**